



# CYBER BULLYING

The use of Information and Communications Technology (ICT), particularly mobile phones and the internet, deliberately to upset someone else.

## Mobile Phones



- Sending nasty or threatening texts
- Sending horrible photos/video clips of someone to other people
- Making silent or threatening phone calls

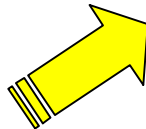
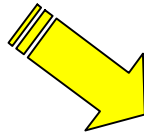


## Internet

- Sending unwanted emails to someone; sending horrible emails about someone, sending emails from someone's address
- Sending threatening or upsetting messages to someone in a chat room or Instant Messenger
- Putting pictures, horrible blogs or pages, online polls or messages to or about someone on social networking or other internet sites

### Cyber bullying can be direct

Sending things directly to a person or writing or sending things about them to other people



### Cyber bullying can be 'by proxy'

Pretending to be someone else and sending messages as that person, or making it look like that person has done something wrong so that they get into trouble

**Both kinds are bullying, and both kinds are wrong**

### What the law says...

The Protection from Harassment Act 1997, the Malicious Communications Act 1988 and Section 127 of the Communications Act 2003 may be used to combat cyberbullying.



**People who cyber bully may be fined or sent to prison for up to six months**



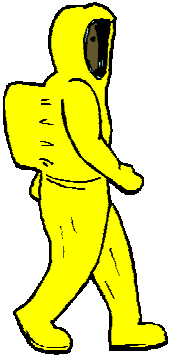
### People who cyber bully often try to hide their identity...

- They might use 'private number' or someone else's phone
- They might use fake names online or in emails

**...but everything people do that uses technology leaves a trail..... so whatever type it is, cyber bullying can be traced!**



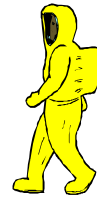
# Keep yourself safe online



- Use passwords and don't share them with anyone – not even your best friend
- Make sure people really are your friends before you add them to your 'friends' list on social networking sites
- If you put photos of yourself online, blur or morph them a bit so that other people won't abuse them
- Think about how much personal information you put online – whatever is out there is out there forever

# Keep yourself safe on your phone

- Only give your mobile number to people you know.
- Avoid putting your mobile phone number on line
- Keep your mobile phone near you - don't leave it lying around
- Switch off bluetooth when you're not using it



## If it happens to you

- Tell someone you trust, such as a teacher, parent or youth worker, or call an advice line
- Try to keep calm. If you are frightened, try not to show it
- Save texts and emails, they can be used as evidence
- Remember that replying will only make the person bullying you more likely to continue

**Remember, cyber bullying can be traced and it can be stopped**

## If you are worried about bullying

**Text 'bully' and your message to  
07786 200999**

**Email  
bullying@warwickshire.gov.uk**

**Ring CHILDLINE on  
0800 1111**

**Go to  
[www.warwickshire.gov.uk/bullying](http://www.warwickshire.gov.uk/bullying)**

**DON'T CYBER  
BULLY**

**You are responsible  
for your own  
behaviour.**

'Do as you would be done by.' Think how you would feel if you were bullied. Make sure you don't distress other people or cause them to be bullied by someone else.

Think before you send emails and texts. Sometimes when you're angry, if you respond too quickly, you might say something you regret.

Respect other people - online and off. Don't spread rumours about people or share their secrets, including their phone numbers and passwords.